



**FUN &
RESOURCES
WEDNESDAY
04-22-2020**

CEREAL



Corn Flake Chicken

INGREDIENTS

4 boneless chicken breasts 1 large **egg**
3 cups **corn flakes** salt/pepper
2 Tbsp melted butter 1 tsp water

DIRECTIONS

- 1** Preheat oven to 400° F. Salt and pepper chicken front and back. Mix egg and water in a bowl. Crush cornflakes and mix in butter. Dip breast into egg mixture and roll in cornflake crust to coat. Place in a lightly greased 9 by 13 inch baking dish. The cornflake mixture will be moist so you may have to pat it on.
- 2** Bake for about 30 minutes or until juice run clear and chicken is no longer pink in the middle and its juices run clear.
- 3** Note: Chicken is fully cooked when its temperature is 165° F.

Serves: 4 (3 oz chicken per serving)

One serving: 247 Calories, 9 g Fat, 18 g Carbohydrate,
22 g Protein, 254 mg Sodium, 1 g Fiber

Recipe adapted from food.com

TIPS FOR **READING** TO YOUNG CHILDREN

Reading to your child at least 20 minutes a day is very important, even with infants.



Concepts like stories, numbers, colors, shapes, and many more come to life when you read to your child and spend time together looking at the book. Reading to your child naturally helps bonding and closeness while helping a growing brain develop.

Here are some tips to help make reading to your young child a joy for everyone involved!

- For squirmy kids, use your own words instead of reading the text. It's okay to forget the plot for now and just talk about the pictures. Point to objects as you talk about them.
- Put life into the reading with your voice. Give different voices to different characters. Make the sounds of the animals pictured.
- Move your fingers across the page to show that movement is taking place.
- Each time you read a book, talk about the same things using the same words. Children love repetition and enjoy it when they know what you're going to say next.
- Encourage participation in the story (e.g., pointing at objects, repeating words after you, or adding sound effects).



Even if you don't feel like reading, remember, many requests for book-time are merely indications that your child wants to sit and cuddle.

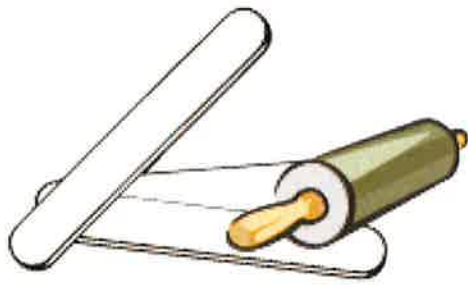
- Talk about the pictures; don't stay on one page too long. Don't even expect to finish the book!
- Start with "easy-to-read," bright, simple picture books.
- Use the book the way you want to use it. For instance: you don't have to teach numbers to a one-year-old with a counting book. Just talk about the pictures, instead. You don't have to read what the book says. If the story includes a particular event or emotion you'd rather not present, make up your own version.

Reading together is a great substitute for screen time.



www.lets-go.org

PLAYDOUGH FUN



PLAYDOUGH BUILDING

Set out an assortment of building materials with your playdough for open-ended free play! Encourage engineering and problem solving skills.

LEARN ABOUT COLORS

Mix colors through small pieces of plain homemade play dough. Great for little hands!

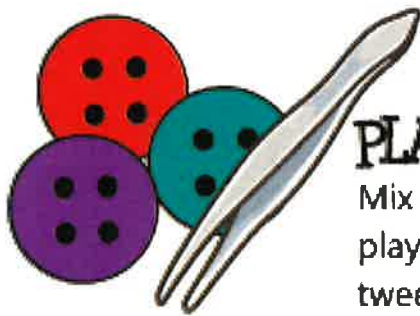


EASY PLAYDOUGH RECIPE

The ratio for this recipe is 1 part hair conditioner to two parts cornstarch.

1 cup of hair conditioner
2 cups of cornstarch

[Click here for recipe.](#)

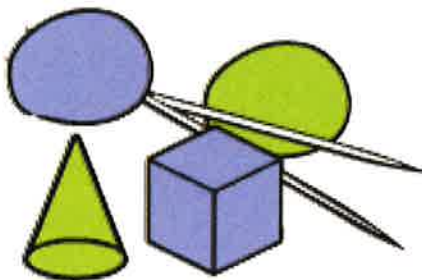


PLAYDOUGH TREASURE HUNT

Mix small items into your ball of playdough and add a pair of kid-safe tweezers or tongs for them to find things with.

CUTTING UP

Use cookie cutters and kid-safe scissors to practice cutting playdough into pieces.

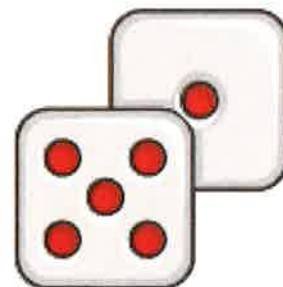


3 D FUN

Add toothpicks and roll up "mini balls" out of the playdough and use them along with the toothpicks to create 2D and 3D shapes.

ROLL THE DICE

Turn your playdough into a counting activity and add dice! Roll and place the correct amount of items on rolled out playdough! Use buttons, beads, or small toys for counting. You could even make it a game and the first one to 20, wins!



LITTLE BINS
LITTLE HANDS

Ball Balance (0-3 months)

This baby activity will build your baby's balance and is a good complimentary (and sometimes more enjoyable) activity to Tummy time. You will need a smaller sized inflatable exercise or beach ball. It helps to have the ball slightly deflated. Your baby should have reasonable neck control before beginning this activity.

-Place your baby's tummy on the ball with her head to one side, holding securely onto her sides.

-For infants, be sure to support her head and neck. Now you can rock her forward and backward or side to side as you talk to her.

-As your baby gets older, you can also slowly spin the ball (baby parallel to floor) to give her various vantage points.

Face Covering Do's and Don'ts:



DO:

- ✓ Make sure you can breathe through it
- ✓ Wear it whenever going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Wash after using

DON'T:

- ✗ Use if under two years old
- ✗ Use surgical masks or other PPE intended for healthcare workers



cdc.gov/coronavirus

HEALTHY SLEEPING HABITS

“Research shows that teens need about 9 hours of sleep a night.

Most teens don't get enough sleep, usually because their schedules are overloaded or they spend too much time texting or chatting with friends until the wee hours of the morning. Other teens try to go to sleep early, but instead of getting much-needed rest, they lie awake for hours.

Over time, nights of missed sleep can build into a sleep deficit (or sleep debt). Teens with a sleep deficit can't concentrate, study, or work effectively. They also can have emotional problems, like depression.”

– Kids Health 2015

Enough Sleep:

- + Improves memory
- + Increases alertness
- + Reduces inflammation
- + Improves immune function
- + Improves metabolism

Not Enough Sleep:

- Impairs judgement
- Depresses mood
- Decreases ability to learn new information
- Impairs metabolism
- Impairs immune function

Five tips for bedtime

It may be a challenge to change up your bedtime routine, but if you stick to it your efforts will pay off. These ideas can help:

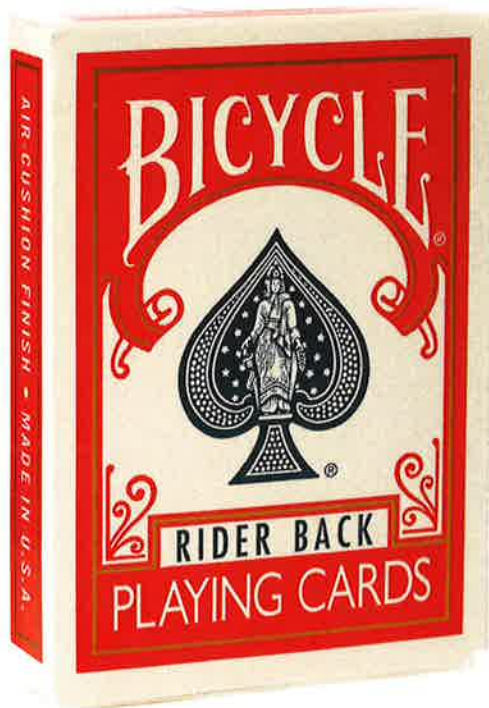
- **Prepare for school the night before by laying out your clothes, backpack, etc.** That way, you can set your alarm for later and catch some extra zzzzzs in the morning.
- **Try to set up a routine by going to bed at roughly the same time each night.** As your body readjusts its internal clock, it will actually become easier to fall asleep at its designated time.
- **Avoid screen time at least one hour before bedtime.** The glow from your device passes through your eye and signals your brain to delay the release of melatonin, a sleep-inducing hormone. Playing video games and using social media also stimulates the brain, which makes it difficult to fall asleep.
- **Make your bedroom a cozy environment that you enjoy.** If you feel comfortable in the space you sleep in, chances are you'll feel more relaxed and fall asleep more easily. Note: If you like things neat, try setting aside 10 minutes before you go to bed to tidy things up and avoid the stress of a messy room.
- **Try to go to bed earlier if you're not getting enough sleep.** This may seem like a no-brainer, but if you consistently find yourself feeling drowsy during the day, try heading to bed an hour or two earlier. Tiredness is your body's way of telling you to get more sleep!



www.letsgo.org

WHAT IS A HEALTHY PORTION?

Food portions are larger than ever these days—usually much more than we need. Choose your starting portion size by relating food to everyday items.



A serving of meat, fish, or poultry is equal to a deck of cards.



A serving of fruit or vegetables is about the size of a tennis ball.



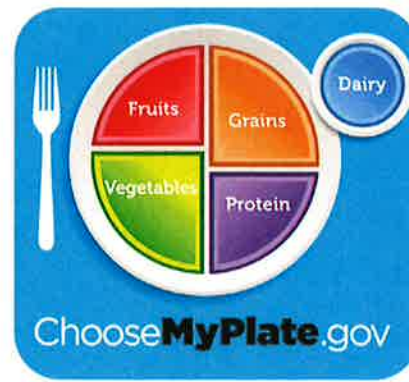
A serving of nut butter or salad dressing is about the size of a ping-pong ball.



For toddlers, the right portion size is the size of the palm of their hand.

Use these tips to help keep your portions right-sized.

- Start with one portion of each food on your plate. If you are still hungry, you can always get more.
- Use the MyPlate model to create a balanced plate. Fill half of your plate with veggies (and/or fruit), $\frac{1}{4}$ with protein, and $\frac{1}{4}$ with starch, preferably a whole grain.
- Check the serving size on packaged foods for guidance on portion size.
- Eat your food while sitting down and using a plate or bowl. Avoid eating directly out of packages.
- Eat regularly throughout the day; this helps keep you from getting too hungry.
- Serve food on smaller plates.
- Serve meals from the stove. This can help you avoid eating more when you are no longer hungry.
- At restaurants, ask for a lunch-size portion, split your meal, or box up half to take home.
- Skip the “clean plate” club. Instead, start with smaller portions, savor your food, and eat until you are satisfied.
- Role model the behaviors that you want your children to develop.



no
more
clean
plate
club!